



NORFOLK COUNTY RSVP VOLUNTEER PROGRAM

Your Invitation to Respond to Your Community

614 High Street

P.O. Box 310

Dedham, MA 02027



Feb 2015



Randolph Health Care Center and Weymouth Health Care Center are 2014-15 Leadership Sponsors of RSVP

NEW SERVICE OPPORTUNITIES

Veterans Book Club Facilitators

Veteran volunteers wanted to facilitate monthly two hour book discussion groups. Initial group will be held in Dedham, then additional towns/cities in Norfolk County. Strong interest in personal military biography and military history is required. Ability to facilitate and manage group discussion and process is required.

My HealthVet, West Roxbury and Brockton VA Hospitals

My HealthVet is a computer-based system that helps veterans access their VA health information. Volunteers complete VA privacy training and shadow current volunteers to learn the My HealthVet system, then help veteran patients learn to use it one or more days per week. Requires skill using computers, problem-solving, and maintaining patient privacy.

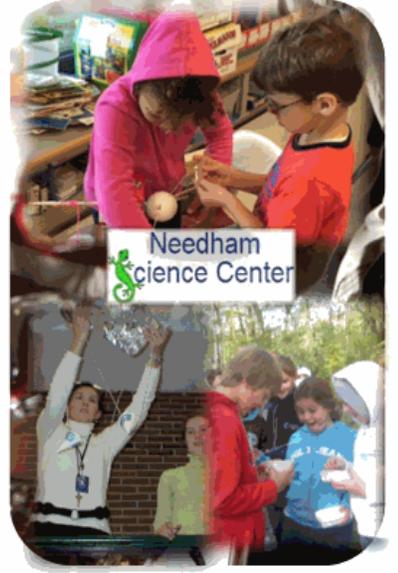
SPECIAL ONE-NIGHT SCHOOL VOLUNTEERS!!

The Needham Science Center is hosting a STEAM (Science, Technology, Engineering, Arts, Math) night on Thursday, March 19th from 6-8pm at the Newman Elementary School. We will be celebrating 50 years of Science Center involvement in the community and engaging students in 21st century STEAM activities.

We are looking for volunteers who are interested in:

- leading hands-on STEAM activities with families
- leading presentations on STEAM topics
- event management (collecting tickets, serving food, etc)

RSVP is hoping to send a group of volunteers together, so carpooling may be possible for this evening event. Please call RSVP at 781-329-5728 to sign up.



2014 Meals on Wheels Visits:

Top Left: Richard Griffin, coordinator, with RSVP volunteer Brad Woods at Milton Meals on Wheels
Top Right: RSVP volunteers Mary McHutcheon and Marie Duffy at Canton Meals on Wheels
Bottom Row: RSVP volunteers Sandra Morse, Diane Daria, Ruth Lovely and James Ricci at Dedham Meals



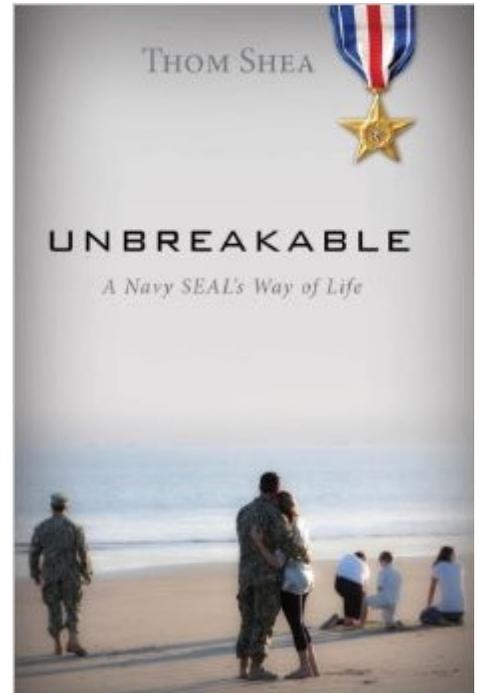
RSVP is funded in part by a national Senior Corps grant and sponsored by the Norfolk County Commissioners:

- Peter H. Collins of Milton, Commissioner
- John M. Gillis of Quincy, Commissioner
- Francis W. O'Brien of Dedham, Chairman

Join the Norfolk County RSVP Veterans Book Club

Norfolk County RSVP is gearing up to begin a new program in 2015 to benefit our veterans. The New Veterans Book Club will give vets the opportunity to receive a military book or memoir of interest and meet on an every other month basis to share their thoughts, reflections and stories over coffee and snacks. Our first meeting will take place in the Dedham area on a weekday evening, for an estimated 2 hour session. Details to be determined.

Thom Shea and his wife Stacy have generously agreed to donate copies of Thom's book: 'Unbreakable: A Navy SEAL's Way of Life' for our first book group. 'Unbreakable' was released this past May and has received a number of 5 star reviews. "While his story is intimately connected to his family life and life as a Navy SEAL, Shea's memoir offers a message that is universally resonant. Shea writes candidly about the challenges facing not only a Navy SEAL but also those confronting his family before, during, and after deployment. *Unbreakable* is a good read for anyone in the military.", says Amanda Silva of *Forward Reviews* print publication. The book group will be lead by a facilitator with a background in the military or strong knowledge of military history.



With hopes to start the book club in a month's time, we ask you to consider if the group is relevant for you or pass on the word to veterans who may be interested in joining. We would like to start additional groups in other areas of Norfolk County. If you are interested in attending or facilitating future groups, please contact Robert Pierson, Norfolk County RSVP Recruitment Coordinator at 781-234-3445, рпиerson@norfolkcounty.org

Area Agencies on Aging Seek Volunteer Bill Payers, Nursing Home Ombudsmen



Money Management Program volunteers are matched carefully with clients in need. Most of these clients have difficulty paying their bills due to poor eyesight or paralysis, feel overwhelmed by the process, or were dependent on a spouse or relative who has passed away. Due to the limited monthly commitment and flexibility of the bill payer role, it's a great opportunity for those who wish to volunteer, but have limited availability, or those currently volunteering and looking for an additional volunteer opportunity. Bill pay volunteers typically visit their clients 1-2 times a month and visits are arranged by the volunteer at a mutually convenient time for the volunteer and client. During these visits the bill payer volunteer assists the client with organizing mail, balancing their checkbook, creating a budget, and preparing checks for signature. Often

potential volunteers worry that a background in finance is necessary, but the finance role essential to our clients is very basic. The bill payer's assistance is often vital in allowing the client to remain living independently for as long as possible.

The Nursing Home Ombudsman Program advocates for quality care and quality of life in nursing homes and rest homes to ensure residents' rights are protected. Ombudsmen identify, investigate and resolve complaints by or on behalf of facility residents. An Ombudsman is a person, trained and certified by the Executive Office of Elder Affairs, who visits nursing home and rest home residents to enhance the quality of their lives by hearing and resolving their complaints and advocating for their rights. As advocates working to uphold resident's rights, ombudsmen maintain strict confidentiality and act only with the permission of the resident. Being an Ombudsman is a very rewarding experience. We need people who are sincere, tactful and able to analyze situations calmly. All trainings are provided free by the Executive Office of Elder Affairs. Trainings last three full days and trainees are certified by the Commonwealth. Volunteers are required to visit their assigned home on a regular basis, complete necessary paperwork, meet with agency staff and attend monthly support training meetings.

RSVP partners with HESSCO Elder Services, Old Colony Elder Services, South Shore Elder Services, and Tri-Valley Elder Services to place and support volunteers in these roles across Norfolk County. Please call the